

How to use your nasal sprays

Your doctor has determined that use of Alanase or Butacort could be of benefit to you. For best results, please follow the simple steps below.

1.

Shake the bottle well before use. Remove the dust cap from the nasal applicator.



3.

Gently blow your nose to clear the nostrils. **Tilt your head forward slightly**, close one nostril and carefully insert the nasal applicator into the other nostril. Do not push the applicator too far into the nostril.



2.

Hold the nasal spray as shown. Prime the pump by firmly pressing downwards on the white collar. Repeat until a fine spray is produced. The nasal spray is now ready for use. It will not require re-priming unless infrequently used or disassembled.



4.

Holding the bottle upright, press firmly downwards once on the white collar. **Breathe gently inwards** through the nostril. Do not sniff too hard - this will only cause the spray to go into the mouth cavity.



5. Then breathe out through your mouth.
6. Repeat the procedure in the other nostril.
7. Replace the dust cap.